

OKA RETREAT – FEB. 11-13, 1994

Meeting at Belmore on Fri. for 6:00 pm departure - please do not be late. Transportation is provided, but additional cars and drivers may be needed.

A late snack will be provided on Friday - but no supper.

Bedding - either sheets or a sleeping bag and a pillowcase. The Retreat House is kept very warm.

Alarm clock for those who want to get up early for morning prayer with the monks. [*Mattins (vigil)* begins at 4:00 AM, *Lauds* is at 6:45 AM.]

The rest of the monastic schedule as well as our retreat schedule will be distributed at our first gathering on the 11th.

Comfortable informal clothing and warm outerwear for country walks.

The group will be responsible for preparing meals and clean-up, etc.

We will work out menu and food in advance and may ask some participants to do some advance cooking. In keeping with an excellent monastic tradition meals will be simple, and vegetarian.

The retreat is largely unstructured and relaxed with the monastic rhythm of daily prayer the basic content. We will be spending some time together in discussion as a group during the weekend.

We will have Mass together on Saturday evening if the group desires - but we also attend the Monastery's principal Sunday morning Mass in the Abbey.

Departure is midafternoon Sunday.

Cost is \$50.00 (all inclusive) cash preferable, and in advance if possible, but certainly by the 11th. If it is necessary to pay by cheque - make out to Concordia University, Campus Ministry.



OKA RETREAT SCHEDULE Feb. 11-13, 94

Friday

6:00 pm	Departure
7:30 pm	Compline
9:00 pm	Introductory gathering, with film on Oka
10:00 pm	"Collation" in Dining Room

Saturday

7:00 - 9:00 am	Breakfast - serve yourself and clean-up afterwards.
10:00 (approx.)	Meeting with Fr. Benedict Vanier
12:30 pm	Lunch
6:00 pm	Supper
8:30 pm	Group meeting for shared reflections

Sunday

Breakfast and Lunch as Saturday

10:00 am	Mass in Abbey Chapel
2:00 pm	Closing meeting - please have your rooms cleaned and bags packed prior to this meeting.
3:00 (approx.)	Departure

Divine Office in Abbey Chapel

Matins (Vigils)	4:00 am
Lauds (and Prime)	6:45 am
Terce	8:15 am (with Mass on Saturday), 8:30 on Sunday
Sext	12:00
Nones	1:40 pm
Vespers	5:00 pm
Compline	7:30 pm